



5-Step Multiple-Pass Method

Detail Cycle	1 Quick List	<ul style="list-style-type: none">• Simple list of all foods eaten• No order to list• Specify a 24-hour period• One food/drink per line
	2 Forgotten Foods	<ul style="list-style-type: none">• Read Foods from Forgotten Foods list• Read one line at a time• Give participants time to think and respond
	3 Time & Occasion (Activities)	<ul style="list-style-type: none">• Suggest common activities associated with eating/drinking• Ask participants to think about their activities• Ask participants to circle what time the food was consumed
	4 Describe the food	<ul style="list-style-type: none">• Brand/Restaurant name of food/drink• Describe the food/drink• How it was prepared• How it was served<ul style="list-style-type: none">○ What, if anything, did you add or eat with the food/drink
	4 Amounts	<ul style="list-style-type: none">• Use visuals in recall kit<ul style="list-style-type: none">○ How much was consumed○ What size was food or drink
5 Final Probe	<ul style="list-style-type: none">• Final review of recall for forgotten foods/drinks• Review forms for completeness	

24-Hour Food Recall Forgotten Foods

There are some foods that people tend to forget they ate.

- Did you have any **crackers, breads, rolls, or tortillas** that you may have forgotten about?
- How about any **hot or cold cereals**?
- **Cheese** added as topping on vegetables or on a sandwich?
- Did you have any **chips, candy, nuts, or seeds**?
- **Fruit** eaten with meals or as a snack?
- What about **coffee, tea, soft drinks, or juices**?
- Any **beer, wine, cocktails, brandies**, or any other drinks made with liquor that you may have forgotten?

Script – CNEP Adult Checklist/Survey

- 1 How often do you plan meals in advance?
- 2 How often do you compare prices when you buy food items?
- 3 During a typical month, how often do you run out of food?
- 4 How often do you use a list when shopping for groceries?
- 5 How often do you leave meat or dairy items, like milk and cheese, sit out of the refrigerator for more than two hours?
- 6 How often do you thaw frozen foods, like meat or poultry, in the sink or on the countertop?
- 7 How often do you think about healthy food choices when deciding what you will eat or feed your family?
- 8 How often do you prepare foods without adding salt? This could include garlic, onion, or seasoned salt.
- 9 How often do you use information from the nutrition facts label to make choices about what you will eat or feed your family?
- 10 How often do your children eat breakfast at home, school or daycare within two hours of first waking up?
- 11 How often do you eat more than one kind of vegetable each day?
- 12 How often do you eat more than one kind of fruit each day?
- 13 How often do you eat or drink dairy foods, like milk, cheese, or yogurt, each day?
- 14 How often do you drink sweetened beverages each day? This could include Kool-Aid, pop/soda, sweet tea, energy drinks, etc.
- 15 How often do you make your main dishes at home? Making your main dish might include following a recipe or using separate ingredients. It could also include making Hamburger Helper, boiling spaghetti and adding sauce, or making your own pizza as opposed to heating a frozen pizza.
- 16 How often do you eat or drink low-fat dairy foods? Low-fat would include fat free or skim milk, 1% milk, or low-fat yogurt.